

**Community Builder:  
Gardens, Small Farms, Food  
Security -- Spokane, the Town  
too Poor to Die in a Boutique  
Slow Food Contest**

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**Eastern Washington – Big Farms, Commodities,  
Lots of Inputs -- Wheat Reigns  
FACTOID – 4 percent of all ag worldwide  
is fruits and veggies--**



**Shift to Small, Organic Farms –  
Eastern WA Food Basket Expands**

**Community, Urban, Small Farms  
and Gardens**

Strengths –

- Vinegar Flats- South Perry Farmer’s Market
- Fresh Abundance and other CSAs
- Project Hope – Riverfront Farms
- Community Gardens and Neighborhood Councils
- Parks to Plots (gardens)

24 Community Gardens = 480



### Sustainable September brings one month-plus, with Food Track – Garden Tour, Sept. 18, 2010

**2010 Community Gardens Tour • Saturday, Sept. 18, 10am-2pm**

**You're invited!** Entrance to each of these gardens is free and gardeners will be on hand to answer questions. For more information please call Pia Motta at 924-4572, [pia@inlandspokane.org](mailto:pia@inlandspokane.org), or [www.inlandspokane.org](http://www.inlandspokane.org).

<b>1</b> Corner of Herlock and Fairview	<b>5</b> Commons Community Garden - Laney & 33rd	<b>9</b> Anita - 1631 E. North Crescent Ave
<b>2</b> Bluebonnet Farms - 2605 W. Boase	<b>6</b> One World Cafe - First & Pittsburgh	<b>10</b> Pumpkin Patch - Marjorie & Argonne
<b>3</b> Ali Saitta Luchessa - 314 S. Spruce	<b>7</b> EC Community Center - Ray & Hartman	<b>11</b> East Valley - Walleley & Sullivan
<b>4</b> NE Community Center - Liberty & Lacey	<b>8</b> Pumphouse Community Garden - Hollman & Crestline	



Spokane – Still in Touch with Dirt  
1 out of 15 garden



### Background on Spokane

1. The very large gap between incomes and housing costs, especially for Spokane's lowest income households, and:  
The increasing concentration of low-income families within fewer areas countywide.

### Pat & Connie Malone – Kids Equal Prevention



- High percentage of low-income households: 23 percent of Spokane households earn incomes of less than \$10,000 (in 1990 dollars).



- Countywide not only has the number of poor neighborhoods increased over the last thirty years, but there is also a higher concentration of poverty within these neighborhoods.



Percent of Households with Incomes Below \$10,000 in Selected Washington Cities

Spokane 23%	Vancouver 21%
Tacoma 19%	Everett 14%



- An estimated 50,764 seniors (over 65 years old) now live in Spokane County. The senior population increased by 16 percent since 1990, slightly faster than the State increase of 14 %.



The elementary schools in the City of Spokane range from 14 to 47 percent student participation rate in the **free or reduced lunch program**.

Those schools with a 40 percent participation rate or more are:

- Garfield Elementary with 52 percent,
- Franklin Elementary 47 percent,
- Regal Elementary 46 percent,
- Stevens Elementary 46 percent,
- Logan Elementary 45 percent,
- Linwood Elementary 44 percent,
- Arlington Elementary with 41 percent,
- Bemis Elementary and
- Whitman Elementary both with 40 percent.

15 yr old and 2 yr old killed in bad lots





### Jobs not Jails

- Started with Basketball in 2006 West-Central Neighborhood
- 15-year-old and 2 year old killed on empty lot
- Everyone can garden
- Seed Folk Paul Fleischman
- First crew – total of 5 = 11 to 18 year old
- Second Crew – then 17
- Third Crew – then 20
- M-F, 3 hours a day – 11 year old makes \$500; more each returning year
- EXAMPLE – 18 year old after seven summers could make \$1000
- Fridays R -learning days with master gardeners, beekeepers, water specialists, weed specialists
- 60 kids has to be turned away this year
- Rotary, Kiwanis, Inland NW Foundation
- 5 lots – lawn care business, organic vegetables,
- show that the average house can be retrofitted and can grow food
- kids who have never seen things grow
- connect them to the community

### City Water Department Land



### Pat Munts – WSU Small Farms

- In 2006 Spokane County had 13,717 acres of parks, or 30.9 acres per 1,000 residents. 2006 was the first year these data were available. This indicator calculates park space in the following areas: City of Spokane, City of Spokane Valley, City of Liberty Lake, and Spokane County.

- In 2008, 24.1% of youths ate fruits and vegetables 5 times per day in Spokane County. Since 2002, the share of youth eating fruits and vegetables 5 times per day increased 14.5%.
- In Washington State, 25.2% ate fruits and vegetables 5 times per day in 2008. Since 2002, the share of youth eating fruits and vegetables 5 times per day has increased by 6.7%.
- In 2009, only adult data were available for Spokane County and Washington State. 22% of Spokane County adults, and 25.1% of Washington State adults ate fruits and vegetables 5 times per day.





Spokane –  
UGA has  
Lots of Parks,  
And County  
Has lots of Park  
Land

100's of Vacant Lots  
In the City – H2O infra-  
structure

Zoning changes

### Vinegar Flats Urban Garden



### Building Skills and Marketing

- Brian Estes, 25
- St. Margaret's Church
- transitional housing – 18 units
- DV and homeless
- started in 2002
- safe, secure, stable place
- 40 to 60 residents
- 2 years max 4 – 6 months average
- the garden offers jobs, skills
- South Perry Farmer's Market

### Vinegar Flats produce goes to Perry Street Market, Residents of Shelter



Vinegar Flats – 4 minutes from downtown; 100 year old farmland



## Gardening is on the Rise

- Opportunities – 120 Master Gardeners; 25 dedicated to Community Gardens
- Threats -- \$3K to \$5K to start a garden; WSU cut nutritionists, so no preserving, canning, pickling classes  
Spokane County is a fee county; no offsets for small farmers

### Opportunities:

- Seeds are selling
- Concern for environment
- Growing your own veggies saves money
- Concern for health – ultimate chain of custody
- Kids inspire adults to grow veggies
- 57% grow in ground gardens; 43% grow in containers
- Dallas conference – Garden Writers Association: 2010 survey of 30 and under– how they get info, why the garden, what they grow
- Social Media overtaking magazines, books
- Know your farmer, know where your food comes from, watch your table scraps – composting is up in Spokane 200 percent

